

To help simplify your footwear selection based on the "foot type," we have placed color-coded tags on our running footwear as follows:



**Best Brands.
Best Prices.**
*Guaranteed!*SM

Additional running shoes are also available in your

Exchange
Catalog

and the Exchange On-Line Store at www.aafes.com

For additional information on running shoe selection:
www.cs.amedd.army.mil/aegis/

AAFES-BX/PX
A part of your benefits...a part of your life!

Fit your
FOOT
For Running Shoes



Inside this Pamphlet

- 1** What shoe size do I have?
How to best fit your foot.
- 2** Wet Test to identify the type of foot.
- 3** Selecting the proper running footwear.

What is my shoe size?

The first step to proper fitting is to measure both feet. Your footwear sales associate will measure both feet using the "Brannock Device."



Some other buying tips to ensure proper fit are:

- Wear the socks you will run in when trying on shoes.
- Walk and run in the shoe on a hard surface while trying them on.
- Buy shoes after being on your feet for a few hours.
- Make sure the shoes are comfortable when you buy them.

SHOE SIZE

Right Foot: _____

Left Foot: _____

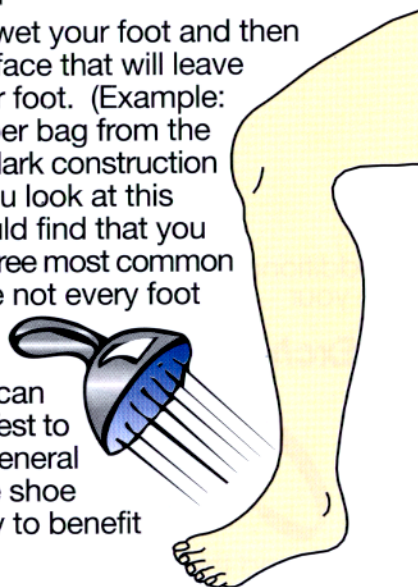
Width: _____

"Wet Test" - What is my foot type?

Second, you can take the simple Wet Test to determine what kind of foot type you have and what shoe shape you should look for. Basically, running shoes have one of three different shapes:

- Straight
- Semi-curved
- Curved

To take the test, wet your foot and then stand on any surface that will leave an imprint of your foot. (Example: Use a brown paper bag from the grocery store or dark construction paper). When you look at this imprint, you should find that you have one of the three most common foot types. While not every foot completely mimics these three types, you can still use the Wet Test to determine your general foot type and the shoe shape most likely to benefit your running.



Bottom
of foot



normal arch



flat foot
(low arch)



high arch

Bottom
of shoe



Heel
View
of shoe



Selecting the proper running footwear

The Normal Foot

Foot characteristics: A normal foot lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Runners with a normal foot and normal weight are usually considered biomechanically efficient and don't require motion-control shoes.

Best Fit: Semi-curved shape

Best Shoes: Stability shoes with moderate control features such as a two-density midsole.



The Flat Foot

Foot characteristics: This imprint usually indicates an over-pronated foot that strikes on the outside of the heel and rolls inward (pronates) excessively. Over time, this can cause many different kinds of overuse injuries.

Best Fit: Straight or semi-curved shape

Best Shoes: Motion-control shoes or stability shoes with firm midsoles and control features that reduce the degree of pronation. Stay away from highly cushioned curved shoes that lack stability and control.



The High-Arched Foot

Foot characteristics: A curved, high-arched foot is generally termed an under-pronated foot. This type of foot doesn't pronate enough, so it's not an effective shock absorber.

Best Fit: Curved shape

Best Shoes: Cushioned shoes with plenty of flexibility to encourage foot motion and plenty of mid-foot cushioning. Stay away from motion-control or stability shoes that reduce foot mobility.

